

# HOMIE, ITS PROBLEMS AND INTERESTS



SMART COAT SHIRT.

One of the most popular waist designs for sporting and outing wear this summer will be the coat shirt, made of heavy outing linen or madras, or thin lawns as the occasion demands. Miladi's wardrobe will be incomplete if at least two or three of these skirts are not included, particularly if summer sports are to be engaged in to any extent. They are easily laundered, and as the sleeves are elbow length, finished with turnback cuffs, there is no cry of "dirty cuffs" long before the waist is ready for laundering. The waists are fashioned after the man's coat, with stitched turnover collar and lapels, the double-breasted front being finished with six large buttons. A point not to be forgotten, and which gives the desired mannish effect, is the stitched pocket slit on the left side of the front. For cool days an embroidery or lace chemiselet is worn with these shirts, but where strenuous sports are engaged in they are generally seen without the neck covering, the waist closing sufficiently high. The back is plain, with but a very little fullness appearing at the waistline. The fact that these are becoming to the slender and stout girl alike makes for their popularity.

## WHOLE SOME WARM WEATHER DIET FOR BUSINESS WOMEN

Most Working Girls Starve Themselves by Bolting Down Poor Food--More Illness Comes From Lack of Nourishment Than Overwork.

Few business women eat properly. At least that is the opinion of a prominent stomach specialist, who declares that the nervous digestion so many of the fair sex suffer from is caused largely because they do not masticate their food as they should and incidentally do not get dishes that are cooked in a way to bring about nutrition and thus really feed the body. "This habit of only half chewing the food and of taking vegetables, meats, pastry, etc., that are only partially cooked, or overdone," he says, "is especially true of business women and shop girls, few of whom ever give more than one-third of the time they should to properly eating their meals. In the morning they frequently take only a roll and a cup of coffee and often drink that while they are finishing dressing so that they will not be late to work. While breakfast is a wholesome, it is a poor substitute for the fruit, cereal, eggs, etc., that they really require to keep in good health.

"At noon time they hurry out to get a quick lunch, and often it is such indigestible stuff that they would be better off without it, for very frequently the dishes are poorly prepared and improperly cooked. As a result, the appetite of the majority of working girls, because they look tempting, and in many cases because after a light breakfast, the little desire for wholesome, plain food, chocolate eclairs, crullers, pie of all descriptions, and fancy puddings are selected. One of these with a cup of hot coffee or wash it down constitutes the lunch of hundreds of working women. There is another reason for getting this kind of a mid-day meal. The average woman wage-earner has comparatively little money to spend on a lunch, and the more they can buy for a few cents they like far better than plain sandwiches, etc.

**Most Girls Starve Themselves.** "If girls only understood that they are really starving themselves, though they eat enough food, such as it is, I think more of them would be careful of their diet. In my experience I have found that more business women get ill from lack of nourishment than from overwork, though any sickness, especially of a nervous kind, is attributed at once to long hours and heavy duties, but if the real cause were known the majority of such breakdowns could be prevented, the result of a starved condition of the system.

"Often when it is possible for these working women to get wholesome foods, the dishes are so badly cooked that they are really of no benefit. How many times fish is served that is so well done it is like putting a charred mass into one's stomach, and instead of getting the nourishment from the phosphates contained in it, there is nothing that the system can feed on, yet the appetite is appeased, the girl has taken what she thinks a good meal, and on such food she cannot understand why she never feels well and strong. Chicken cooked too much gets tough and is hard to digest, and the albumen it originally contained that would have fed the body properly is burned out by too much heat, so that it, too, gives little nourishment. With foods that are not cooked enough to bring their nutrition to a point where it can be easily digested, and so, though there are plenty of life-giving qualities in the dishes, they are not in a condition to be taken up by the system. For instance, the iron that spinach contains is not brought out until it has been cooked a certain number of minutes. If it is served underdone the value of it is lost. "In summer a diet that is suited to the weather conditions should be adopted,

### Solid Comfort in Traveling.

As women begin to realize more and more the benefit, as well as pleasure, of short trips away from home, week-end parties at country homes, or a frequent Sunday at the seashore or mountains, have become quite a usual way to pass the summer.

How to dispose of one's belongings on these flying trips has always been something of a problem. To take a trunk for a day's visit seems ridiculous, indeed puts the hostess to unnecessary inconvenience, yet in summer, especially, one needs a plentiful supply of fresh waists and gowns.

The dress suit case, which has street car propensities when it comes to packing, would seem a happy solution of the difficulty, but for one thing—its extreme weight when filled.

"Porters can carry them," say you? Alas, porters, or the small boy, either, have an unhappy faculty of absence at the crucial moment, as most who have struggled along many a time under the back-breaking load of a bulging dress suit case, when she would willingly have paid a small fortune for an urchin to lug it?

But if leather suit cases are unhealthily heavy for a woman, and trunks too inconvenient, must she then be home-bound?

Not at all, since some ingenious person has thought of a wicker substitute. "Oh, but wicker bags are so cheap looking!" I'd be ashamed to carry one," says Madame Finley, which is proof positive she never did carry one, or the comfort of it would absolutely outweigh appearances.

In point of fact, though, the modern wicker suit case is rather attractive looking than otherwise, and, what is more, has become distinctively the fashion.

No one could possibly object to these bags in point of looks, while the bliss to a woman of being able to pack her bag to its fullest capacity, and then carry it with absolute ease for miles, it needs be, makes the lucky owner of a wicker dress suit case feel she has a mission in life to proclaim its virtues to her unfortunate sisters who have not yet learned the bliss of being absolutely independent of porters when for a few days' jaunt.

### To Keep Linen Gowns Fresh

For some years past linen has been steadily gaining in favor.

Generally speaking, the linen gown is a tailor-made article pure and simple, but the vogue for the dressy little bolero has emboldened numbers of dress-makers to undertake various mitigations of this rule, and some charming examples are the result.

The cape bolero is for economical reasons one of the most satisfactory garments imaginable. Being worn open in front and furnished with sleeves which reach no further than the elbow, it preserves a fresh and smart appearance long after a long-sleeved and long-skirted coat would be creased and tumbled.

Many women are for this reason having two skirts made to wear alternately with one bolero, although a number still adhere to the little sack coat so fashioned as to reach just as far as the hips and furnished with "wrist-long" sleeves, which soil almost as quickly as a skirt.

It has been so frequently affirmed that linen represents the most expensive wear that numbers of people, sooner than abjure it altogether, have adopted dark colors, which, while washing every whit as well as white, require far fewer immersions in the washtub. "The most popular color is, of course, the ultra-fashionable 'frambouise,' which is perhaps more charming in 'toile' than any other material, and is being largely exploited by the leading dress-makers.

In Paris numbers of the linen gowns are mounted on silk foundations, and, in addition to incrustations of costly lace, are being piped with striped or solid white silk or adorned with rare silk embroideries, but on this side the linen is invariably intended for useful wear and essentially as a washing gown.

Consequently, the simplest of skirt trimmings are preferred, and besides washing braid, tucks, lace insertions and incrustations not the least of its charms is the severely workmanlike style which makes it so admirably suited for outdoor wear.

So much of the effect of a linen frock depends upon its freshness that numbers of women subject it to a little amateur treatment. When the matter of laundering and ironing is frequently after sprinkling with gum arabic and water.

### Change in Clothes Restful.

Every woman should learn how to change her clothing. Take off the shoes you have been wearing all day and put on other shoes. The pinch will come in a different place.

Take off the blouse you have worn all day, and the collar which has been round your throat since morning, and put on a different blouse and a different collar. You have no idea how a fresh blouse rests one, and especially a fresh piece of neckwear. The pinch goes on a different set of muscles.

Changing the underwear is a good plan, and best of all is changing the corsets. The bones will rub, no matter how carefully you plan things, and a fresh corset makes you feel as though you were just beginning a day instead of finishing one.

The tired out woman usually eats the wrong kind of food. When tired one should select food not for the food value alone, but for its recuperative powers. Hot soup of any kind quickly refreshes the tired woman.

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CHIC BATHING SUIT.

Once upon a time a silk bathing suit would have been regarded as the height of extravagance and folly, but today silk is accepted as one of the most desirable materials for the purpose, and is popular with women who can afford to pay the price asked for the good silk models. The doctors do not look favorably upon the innovation, but then the doctors are not enthusiastically in favor of any of the materials most used for the up-to-date bathing suit.

We show here a charming model in dark blue wash taffeta with tucked blouse and square neck trimmed with a band of heavy ecru lace and outlined by tucks. The puff sleeve ending just above the elbow is the rule, and the blouse is tucked. The skirt is slightly fluted around sides and back, but plain or almost plain in the middle front, and is gored to afford ample width without too much fullness at waistband. The knickers, which are the inevitable accompaniment of the suit, are of thin silk of the color of the skirt or black. Stockings to match the suit are often worn, but many women prefer black stockings no matter what color they are to accompany, and wear black sandals as well.

### Some Cold Baths.

One of the most refreshing baths I have ever taken is a combination of a cupful of cider vinegar and cold water. If it is not too cold, lie in it for from five to ten minutes when particularly fatigued, for the reaction is remarkable. Another way of taking a cold bath that adds circulation and makes an excellent bracer for the nerves is to stand in a pan or a tub of hot water and sponge the body with cold. After a brisk rubbing the glow and reaction should be complete. This treatment is particularly good for nervousness.

### Protection to Pearl Buttons.

The big pearl buttons which decorate the front of so many shirt-waist suits—both above and waist—are anything but improved by being treated to the vigorous tubbing the dress is subjected to. Ingenious little devices have been invented for attaching the buttons—devices which can be released so that the buttons may be removed before each washing. When buttons are set on in pairs, it is often possible to fasten them together by a strong cord or by long stitches of cotton, buttonholed to make the connecting link strong.

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In dainty shades of light gray, old rose, green, and tan; cut full width, finished with deep circular ruffle and stitched bands; full foundation; gored at the top; on a French yoke, with draw string; lengths, 38, 40 and 42. Actual value, \$1.48. Special ..... 98c

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### Boot and Shoe Tips.

A shoe that is uncomfortable from pinching may be eased by laying a cloth wet in hot water across the place where it pinches, changing it as it grows cooler a number of times. This will cause the leather to shape itself to the foot.

Vaseline as a preservative for new shoes which have become wet and muddy is excellent. First rub the shoes well with a soft cloth and then remove all the mud. Saturate a cloth with vaseline and rub well into the shoes; stuff the shoes into shape and let them rest for a day, then give them another dressing and rubbing, and they will appear as good as new.

Doctors say that unprotected ankles are responsible for many of the illnesses from which women suffer, a very large proportion of which have their origin in what is termed "just an ordinary cold." These ordinary colds would be much less prevalent if only women could be persuaded of the extreme folly of wearing low shoes in cold or wet weather. There is but little risk of taking cold in the most inclement weather during the walks if the feet and ankles be well protected. Either stout boots should be worn, coming well over the ankle, or else gaiters in addition to thick shoes.

In the matter of russet shoes, no paste or dressing containing acid, lemon juice, or banana peel should be used for cleansing purposes, neither any which turpentine is an ingredient, all of which are injurious. It is always best to obtain your shoe dressings from your shoe dealer, for he will recommend nothing injurious when the shoes are his own make, for too much depends upon their wearing qualities.

### "Charities."

That woman who dubbed concealing stands and curtains "charities" gave them a wonderfully apt name, for they do certainly "cover a multitude of sins"—usually in the form of dresses.

Cretonnes and the rest of the pretty, inexpensive upholstery stuffs made most of the curtains, usually finished with a casing to run over a small brass rod.

The stands are often built to hide from view radiators during the month when artificial heat is anything but desirable. Sometimes they take the form of shallow tables; as often they are surmounted by a shelf or two, where your favorite books and work-basket may be conveniently kept.

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